

Maple Pecan Granola with Cherries



Making homemade granola is a great way to control the calories, fat, and added sugar in your breakfast and it's quick and easy to do. The flavor possibilities are also endless!

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

1 cup	Old Fashioned Rolled Oats
¼ cup	Coconut, shredded, unsweetened
½ cup	Pecans, unsalted, chopped
1 Tbsp + 1 tsp	Olive or Canola Oil
1 tsp	Vanilla Extract
2 Tbsp	Maple Syrup
¼ tsp	Cinnamon, ground
⅛ tsp	Kosher Salt
⅛ tsp	Cayenne Pepper (optional)
¼ cup	Cherries, dried, unsweetened

CHEF'S NOTES

Any type of nut or seed does the trick with this recipe! Try adding chia or flax seeds for extra omega-3s and fiber.

Store in an airtight container for up to two weeks.

We love granola as a snack or layered with plain Greek yogurt and fresh or frozen fruit for a quick, easy breakfast that's balanced with protein, fiber, and healthy fats to keep you full until lunchtime!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 350°F. Line a large baking sheet with parchment paper or foil.
2. In a medium bowl, combine the oats, coconut and pecans.
3. In a small bowl, combine the oil, vanilla, maple syrup and spices. Stir until combined. Pour the liquid mixture over the oat mixture. Mix well, until all of the oats are wet.
4. Spread the mixture onto the lined baking sheet in an even layer. Bake in the oven for 15 minutes, mixing the granola halfway through the cooking process. Remove from the oven and allow to cool before mixing in the dried cherries.

Nutrition Facts

8 servings per container

Serving size 1/4 cup (32g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 10g 13%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 7%

Total Sugars 6g

Includes 4g Added Sugars 8%

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.7mg 4%

Potassium 90mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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